

# Diabetes: Meal plan Ideas

## 1400 calories per day

	Monday	Tuesday	Wednesday
Breakfast	2 frz whole wheat waffles (26g) 2 Tbsp Sugar-Free syrup (4g) 2 Tbsp walnuts ½ C blueberries (21g)  <b>Total: 53g Carbs</b>	2 Whole grain pancakes (25g) 2 Tbsp sugar free syrup (4g) 1C Mixed berries (17g)  <b>Total: 46g Carbs</b>	1 ½ C Cheerios (33g) 1 C fat free milk (12g) ¼ C almonds  <b>Total: 53g Carbs</b>
Lunch	1 C Chicken Noodle Soup (7g) 1 small Wheat Roll (15g) 1 Plain Bread Stick (14g) ½ C Canned Peaches in own juice (14g)  <b>Total: 50g Carbs</b>	2 oz Low sodium deli turkey - Boar's Head 2 slices Whole Wheat Bread (30g) 1 TBS Mayonnaise-Light 1 slice American Cheese 1 oz Baked Potato Chips (23g)  <b>Total: 56g Carbs</b>	1 Lean Cuisine - Chicken with Basil Cream Sauce frozen entrée (28g) 1 Pear (22g) 1 Tbsp Ranch Dressing ½ C Cherry Tomatoes (2g)  <b>Total: 53g Carbs</b>
Dinner	3 oz Grilled Chicken Breast 1 C Squash-Winter (22g) ½ C Spinach-cooked 1 Wheat Roll (15g) 1 Tbsp Butter Spread  <b>Total: 41g Carbs</b>	Amy's Black Bean Vegetable Enchiladas-Frozen Entrée (22g) 2 C Mixed greens 2 Tbsp Ranch Dressing (2g) ¾ C Pineapple (26g)  <b>Total: 53g Carbs</b>	4 oz Salmon ½ Baked Potato (17g) 1 C Carrots (12g) 1 small Wheat Roll (15g) ½ Tbsp Butter Spread 1 Chocolate Chip Cookie (9g)  <b>Total: 53g Carbs</b>
Snack	3 C popped popcorn (19g) 1 tsp canola oil  <b>Total: 19g Carbs</b>	½ C strawberries (11g) 2 pieces dark chocolate (10g)  <b>Total: 21g Carbs</b>	6oz light yogurt (16g) ½ C blueberries (10g)  <b>Total: 26g Carbs</b>

	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Breakfast</b>	1 English Muffin (26g) 1 Tbsp Jam-reduced sugar (5g) 1 Poached Egg 1 Apple (20g)  <b>Total: 51g Carbs</b>	1 C Oatmeal (28g) ½ C Raspberries (7g) 6 oz Dannon Light yogurt(16g)  <b>Total: 51g Carbs</b>	2 Tbsp Whipped Cream Cheese ½ Whole Wheat Bagel (25g) ½ Banana (25g)  <b>Total: 50g Carbs</b>
<b>Lunch</b>	Wendy's Grilled Chicken Wrap (17g) 1 plain Wendy's Potato (30g) 1 Tbsp butter spread 12 grapes (12g)  <b>Total: 59g Carbs</b>	1 Panera BBQ Chopped Chicken Salad (49g) ½ C raspberries (7g)  <b>Total: 56g Carbs</b>	1 Lean Turkey Burger 1 Whole Wheat Bun (23g) 10 French Fries - Baked (16g) ½ C Blueberries (11g)  <b>Total: 50g Carbs</b>
<b>Dinner</b>	1 ½ C Health Valley Turkey Chili with beans (51g) 2 Tbsp Shredded cheese 2 C Mixed greens 2 Tbsp Low Fat Italian Dressing (4g)  <b>Total: 64g Carbs</b>	1 C Spaghetti (43g) 2 Tbsp Pesto Sauce (5g) 2 C Mixed greens 2 Tbsp Ranch Dressing  <b>Total: 64g Carbs</b>	3 oz Grilled Chicken Breast ¾ C Mixed Vegetables (18g) 1 Tbsp Canola Oil 2 Tbsp Sweet & Sour Sauce (14g) ½ C Cooked Brown Rice (23g)  <b>Total: 64g Carbs</b>
<b>Snack</b>	2 Laughing Cow lowfat cheese wedges 7 Whole Wheat crackers (14g)  <b>Total: 14g Carbs</b>	½ banana (25g) 1 oz string cheese  <b>Total: 19g Carbs</b>	1 C apple slices (15g) 1 Tbsp peanut butter (3g)  <b>Total: 18g Carbs</b>

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Last Revised 11/13/2015